

Master Mix Oregon

Rating: ★★☆☆

Makes: 11 servings

Ingredients

4 cups flour (all purpose)
4 cups whole wheat flour
1 1/3 cups dry milk, nonfat
1/4 cup baking powder
1 teaspoon salt
1 1/2 cups shortening

Directions

1. In a large bowl combine all-purpose flour, whole wheat flour, dry milk, baking powder, and salt.
2. Mix thoroughly.
3. Cut in shortening with pastry blender or two knives until mixture looks like coarse cornmeal.
4. Store in covered containers in the refrigerator.

Notes

The final product of this recipe is intended to be used as an ingredient in other recipes. It is not intended as a ready-to-eat product.

Oregon State University Cooperative Extension Service, Pictorial Recipes Lynn Myers Steele, 2000 Oregon Family Nutrition Program

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	590	
Total Fat	29 g	45%
Protein	13 g	
Carbohydrates	72 g	24%
Dietary Fiber	6 g	24%
Saturated Fat	7 g	35%
Sodium	790 mg	33%